



Vitamin C



March is National Nutrition Month!! This is a time to think about nutrition and its importance in our lives! Part of having a nutritious diet is getting plenty of vitamins, especially vitamin C. Here's some information to help you enjoy this important vitamin!

- ❖ Vitamin C (Ascorbic acid) is a water-soluble vitamin that's necessary for normal growth and development, such as growth and repair of skin, cartilage, bones, and teeth.
- ❖ Vitamin C is an antioxidant, meaning it protects the body from "free-radical" build-up which contributes to health conditions such as cancer and heart disease.
- ❖ Deficiencies of vitamin C can lead to many poor body conditions such as rough and dry skin and hair, decreased wound healing-rate, and decreased ability to ward off infections.
- ❖ The body doesn't produce vitamin C, nor does it store it, so it's important to include several vitamin C-containing foods in your daily diet!
- ❖ The best way to get the daily requirement of essential vitamins, including vitamin C, is to eat a balanced diet that contains a variety of foods from the food guide pyramid.



What foods contain vitamin C??



All fruits and veggies contain some amount of vitamin C, but foods that tend to be the highest sources are:

- Green peppers, citrus fruits and juices, strawberries, tomatoes, broccoli, turnip greens and other leafy greens, sweet and white potatoes, and cantaloupe.
- Other excellent sources: papaya, mango, watermelon, brussels sprouts, cauliflower, cabbage, winter squash, red peppers, raspberries, blueberries, cranberries, and pineapples.



- For more info on National Nutrition Month, visit the American Dietetic Association: www.eatright.org
- <http://www.nlm.nih.gov/medlineplus/ency/article/002404.htm>